DR. MERCOLA®
PREMIUM PRODUCTS

18 LAMP MERCOLA BED LIGHT SYSTEM USER MANUAL

Warranty

Tanning systems are warranted to be free from defects in workmanship as follows:

(5) Years on all metal structural components
(1) Year on electrical components
(90) Days on plastics and lamps

Dealer's obligation under this warranty is limited to the repair and/or replacement of any defective part without charge for that part, at the manufacturer's discretion, with the following limitations:

- This warranty is extended only to the original purchaser appearing on the sales receipt and is non-transferable.
- This product is designed for use by one person at a time.
- Only original parts may be used.
- All major repairs must be completed by an authorized service representative.
- This warranty does not cover transportation charges on the parts.
- Labor costs are not reimbursable for repair or replacement of items.

Dealer disclaims any responsibility for transportation. Dealer further disclaims any responsibility for injury resulting from the failure of equipment or parts due to incorrect installation or operation.

Dealer shall not be liable for loss or damages caused either directly or indirectly from the use of its products. This limited warranty does not extend to any products which have been damaged as a result of accident, misuse, abuse, or as a result of service or modification by anyone other than an authorized service representative.

This warranty does not apply to any failure of parts or products due to alterations, modifications, misuse, abuse, accidents, improper maintenance, or failure to follow the specified electrical requirements. Such occurrences immediately VOID this warranty. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY. No person, firm, or corporation is authorized to assume for us any other liability in connection with the sale of these goods

USE OF THIS PRODUCT IN A COMMERCIAL TANNING FACILITY OR FOR PROFESSIONAL AND MEDICAL SERVICES AUTOMATICALLY RESULTS IN THE VOIDING OF ANY AND ALL MANUFACTURER'S WARRANTIES!

THIS PRODUCT IS IN CONFORMITY WITH PERFORMANCE STANDARDS FOR SUN LAMP PRODUCTS UNDER U.S. FDA SECTION 21 CFR PART 1040.20.

Congratulations

Thank you for choosing our booth system for your tanning pleasure. This tanning system is designed to give you many years of dependable, trouble-free enjoyment in the comfort of your own home.

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Please read entire manual before attempting to operate this tanning system!

Safety Information

Label Notice: The United States FDA (Food & Drug Administration) requires that a warning label is provided to inform the user of possible dangers as stated in 21 CFR (Code of Federal Regulation), part 1040.20. Review the information on this label located on the front of your tanning bed.

Tan smart and avoid overexposure. If you do not tan in the sun, you will not tan from this product. As with natural sunlight, overexposure can cause eye and skin injury and allergic reactions. Allow 48 hours between sessions. To ensure optimum smart tanning, please refer to the recommended exposure time chart. (Refer to Table Use of certain medications or cosmetics, or certain diseases may increase your sensitivity to the ultraviolet radiation. Consult your physician before using any tanning bed if you are using medications or have a history of skin problems or believe you are sensitive to sunlight. See "Photosensitivity" (Refer to Table of Contents.)

Recommended eyewear: One pair of protective eyewear, approved by the FDA, is furnished with this equipment. Protective eyewear should be worn by all persons in the room when lamps are on. Failure to wear protective eyewear during each tanning session may result in severe burns or long-term injury to the eyes.

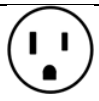
Only the following lamps may be used in this tanning system. Use of any other lamps voids the warranty.

Solara Classic (PN 532000)
Solara Classic ReNew (PN 532008)
Solara Classic Infra Red (PN 532007)

Disconnect power cord before attempting to clean, re-lamp, or engage in the maintenance of this product. This equipment must be earth grounded.

DO NOT operate the tanning system while wet or near water.

Tanning Bed Specifications/Info

Size (Height X Width X Thickness)	Weight	Volts	Amps	Dedicated Breaker Amps	NEMA Receptacle		Fans	Timer*
28x32x76	170 Lbs.	120	13	15	5-15R		3	Digital

This tanning system comes equipped with an internal backup timer. Refer to Table of Contents for more information on timers. 120 13 15 5-15R 3 Digital

Pre-Tanning Guidelines

This tanning bed is designed for use by one person at a time, not weighing more than 300 lbs.

Your Skin

Before tanning, be sure your skin is free of any tanning oils or lotions (except those approved for indoor tanning use), body lotions or cosmetics. Cosmetics or medications applied to your skin may increase your sensitivity to ultraviolet light. If you are taking any medication, if you are especially sensitive to sunlight, or if you have any of the diseases mentioned on pages 11-12, we recommend that you consult a physician before using this or any tanning equipment. It is also recommended that you not bathe immediately before using this tanning bed as it removes natural body oils which protect your skin.

Your Eyes

FDA approved eye goggles are provided with this tanning bed and must be worn whenever the tanning bed is operating. Regular sunglasses do not adequately protect your eyes from ultraviolet light. FDA approved eye shields should be worn while tanning and by everyone in the room while the tanning bed is in operation.

Your Hair

Your hair should be free of any gels, mousses, sprays, or other hair products prior to tanning. These products can cause damage to the tanning bed acrylic. We suggest you wear either a shower cap or place a towel under your head.

Exposure Schedule

Determine the correct exposure time according to your skin type.

Recommended Exposure Times - Shown in Minutes				
Skin Type:	Week 1	Week 2	Week 3	Week 4
I. Sensitive skin: burns easily and severely, does not tan	Not recommended for tanning!			
II. Light: burns easily and severely, tans minimally	4	6	8	10
III. Normal: burns moderately, tans average	6	8	11	15
IV. Dark: burns minimally, tans easily and above average	8	11	15	20
MAXIMUM EXPOSURE TIME IS 20 MINUTES				

ALLOW 48 HOURS BETWEEN ALL TANNING SESSIONS!

Using the Tanning Bed

Step 1. Determine your exposure time as outlined in the preceding section.

Step 2. If using indoor tanning lotion, apply before getting into the bed. Your Authorized Dealer can assist you with the proper tanning lotion for your skin type.

Step 3. Put on goggles.

Step 4. Activate the timer according to the instructions to follow.

Step 5. Lift canopy. Lie down on the bench (face up). For best results, position the canopy as close to you as unit allows. When the timer reaches 0, the lamps will automatically shut off. To end the session before your pre-set time, simply raise the canopy and step out of the tanning bed.

Step 6. Return the canopy to the upright position before attempting to sit up.

Timer Instructions

This model is equipped with a 20 minute digital timer.

To start a session, press the Set Button on the timer. The time will go to the maximum time then count down. The lamps will turn automatically. You can decrease the time by pressing the Set Button. To cancel a session, press the Start/Stop button on the timer. The display will go to a 0.

Checking Bed Hours

Make sure the timer shows a 0. Press and hold both buttons. The timer will flash two numbers, then two other numbers, pause, two numbers, pause, etc...These are the bed hours. The first set of numbers are the thousands and hundreds digits for the bed hours. The second set of numbers are the tens and ones digits for the bed hours. For example, if the display flashes the numbers 53, then 14, pauses then repeats, then the total bed hours stored is 5314. The highest value that can be displayed is 9999.

Automatic Shut-off Timer

Your tanning bed is equipped with an internal backup shut-off timer which will automatically turn off your tanning system after 20 minutes. This important safety feature prevents the user from resetting the timer before the end of the pre-set maximum time interval.

Caring For and Maintaining Your Tanning Bed

THE TANNING BED SHOULD BE COMPLETELY SHUT DOWN AND UNPLUGGED FROM POWER SOURCE AT LEAST TWO (2) FULL HOURS BEFORE ANY CLEANING OR

MAINTENANCE TO ALLOW THE TANNING BED TO ADEQUATELY COOL DOWN!!!

Preventive Maintenance for Your Tanning Bed				
Recommended Care	After Each Session	Weekly	6 Months	Every 1000 hours
Clean acrylic surface	X			
Clean goggles	X			
Inspect/clean vents		X		
Clean exterior of bed	X			
Inspect/clean reflectors			X	
Inspect/clean lamps			X	
Inspect/clean underside of acrylics			X	
Replace acrylics				X
Replace lamps				X

Cleaning and Acrylic Maintenance

IT IS NECESSARY TO THOROUGHLY CLEAN AND SANITIZE YOUR ACRYLIC AFTER EVERY USE TO ENSURE CAREFREE OPERATION AND TO MAXIMIZE ITS TANNING EFFICIENCY. THE ACRYLIC SHOULD BE CLEANED WITH A NON-ABRASIVE DISINFECTANT THAT DOES NOT CONTAIN MMONIA AND/OR ALCOHOL. DO NOT USE COMMERCIAL CLEANERS SUCH AS WINDEX OR 409.USE OF AMMONIA AND/OR ALCOHOL ON YOUR ACRYLICS WILL VOID THE WARRANTY!

Thoroughly clean the contact surfaces of the unit (the clear acrylic covering) and eye goggles after each use.

Use an organic sanitizer spray and wipe with a moist cotton towel. Follow with a new wet cotton towel to remove traces of disinfectant.

There are many suitable commercial brands of organic sanitizer or quaternary amine (“quats”) disinfectants available. Ammonia, ammonia derivatives, chlorine or chlorinated disinfectants are not suitable for use as they will damage the unit.

For multiple users, ensure the contact surfaces of the unit and goggles are thoroughly cleaned before each use.

Take the following steps to maintain your acrylic:

When cleaning the tanning bed, use a cotton towel which is much less abrasive than a paper towel. Never wipe with a dry cloth, as this will generate a slight static, which attracts dust.

Do not use oils of any kind or lotions when tanning, except those approved specifically for indoor tanning use, such as Electric Beach TM, available at your authorized dealer. Products not approved for indoor use will break down the acrylic.

In order to keep the acrylic from being scratched, jewelry should not be worn while tanning.

Acrylic Removal

Canopy and Bench Acrylic Removal

Warning! Disconnect bed from electrical power before servicing!

Step 1. Stand in front of bed. Using a small, flathead screwdriver, insert the flat head nto either end of the black acrylic trim strip. Pry up slowly to grasp edge of strip and continue to pull away from unit until it is completely removed. Repeat procedure for second strip of acrylic trim.

Step 2. It may be necessary to slightly loosen the end cap screws to help remove the acrylic. NEVER REMOVE END CAP SCREWS!

Step 3. With the flathead screwdriver, pry the acrylic up and over the lip in the bed rail. It is recommended you have two people to remove acrylics. Begin by grasping the long edges of the acrylic which are now exposed.

Step 4. Standing in front of the bed, grasp the long exposed edge of the acrylic and carefully slide it toward you until it is removed. BE CAREFUL – the edges of the acrylic may be sharp.

Acrylic Re-installation

Step 1. Place acrylic back on bed. Tighten end cap screws.

Step 2. Take one end of the black acrylic trim and press firmly onto the aluminum frame pushing into the opening. The longer flat edge of the trim must be against the top of the acrylic.

Step 3. Place the palm of your hand on the trim, and apply pressure along the edge until the trim is firmly in place.

Lamp Removal & Re-installation

The tanning lamps are rated up to 1000 hours of use. You may elect to change lamps sooner.

Step 1. After removing acrylics, grasp a lamp at one end and at middle. Turn the lamp a quarter turn. The lamp may then be gently removed from its holder.

Step 2. Hold lamp with brand name label facing toward the acrylic and to the left side of the bed. To install the lamp, insert the pins located on the ends of the lamp into the slots on top of the lamp holder and turn the lamp a quarter turn to hold in place.

For lamp replacement, refer to “Lamp Cleaning” section to follow. Lamps used longer than 1000 hours have lost their tanning power even though they will continue to light.

The following lamp types have been certified by the United States FDA for use in your tanning system:

Solara Classic (PN 532000)
Solara Classic ReNew (PN 532008)
Solara Classic Infra Red (PN 532007)

Do not use lamps other than those specified. To do so will void your warranty and FDA certification.

Lamp Cleaning & Replacement

Depending on the amount of usage, it is recommended that you clean your lamps every six months. To remove the acrylic, see Table of Contents. After all the lamps have been removed, use a soft cloth and a non-abrasive cleaner to wipe down the aluminum reflectors. Take care not to scratch them because scratched or damaged reflectors will reduce the tanning capability of the tanning unit. Gently wipe the entire length of the lamp with a damp cloth to remove any film buildup. Vacuum reflector area using a soft brush attachment.

How to Obtain Service

1. Review the “Helpful Service Hints” to follow.
2. If you require additional assistance, contact the Customer Service Department at the Authorized Dealer where the bed was purchased. If it becomes necessary to replace a warranty part, proof of purchase is required to obtain warranty service. It is important to keep your store receipt.
3. For non-warranty parts replacement or for routine maintenance, contact your Authorized Dealer.

Helpful Service Hints	
Lamps will not light	• Is the tanning bed on using the timer system? • Is the tanning bed plugged into the electrical receptacle? • Are the power cords securely connected from the canopy to bench? • Is your bed on a 15 Amp dedicated circuit breaker? • Check the power supply. You may have to reset the circuit breaker. This is due to not having a 15 Amp dedicated breaker or having too many devices on the proper breaker pulling too much amperage while tanning. • Verify that the voltage coming out of the wall is safe for this product. Your voltage should not exceed 130 Volts. • The lamp may not be locked into place. You may need to hand twist back into locking position • The lamp may be burnt out. Removal of the acrylic may be needed. Refer to Acrylic Removal section of this manual. Remove a lamp that lights and place it in the spot where the lamp was out. If this new lamp doesn't light in this position the ballast may need to be replaced. If it does light, the first lamp may need to be replaced.
Two or three lamps located next to each other are not lit	Possibly a ballast problem due to a power surge in your household electrical system. Contact your Authorized Dealer for replacement assistance.
Canopy fails to stay in the upright position	Double check assembly instructions. Gas shocks may have been put on upside down.

Lamp Configuration - Mercola 18 Vitality Bed

Solara Lamp	Classic	ReNew *	Infra Red	Total
Canopy	6	2	2	10
Bench	6	0	2	8
				18

*Solara Classic ReNew lamps are centered in the canopy. **Refresh Lamps are centered in the canopy with ReNew lamps on either side. Solara Classic Infra Red lamps are centered in the bench. Contact your authorized dealer regarding future lamp replacement/options.

Lamp Configuration - Mercola 18 ReFresh Bed

Solara Lamp	Classic	ReNew *	ReFresh **	Infra Red	Total
Canopy	6	2	2	0	10
Bench	6	0	0	2	8
					18

Frequently Asked Indoor Tanning Questions?

Is there a safety reset switch?

No. If the bed will not turn on, verify the outlet has power. If the timer will not respond, the bed needs to be serviced. Unplug it and call the dealer the bed was purchased from.

Do tanning lotions really make you tan faster?

Yes. Depending on your skin type, when you use the appropriate accelerator, you will achieve a darker tan in less time than if using no accelerator.

How many times do I have to use the bed before I get a tan?

That depends on your skin type and how fast you tan. It will probably take you approximately 16 sessions to achieve the results you want. (See recommended exposure time chart.)

Do I have to take my contact lenses out before I tan?

No, but you must wear protective FDA approved eyewear.

Do I really have to wear Goggles?

Yes. If you use a tanning bed without eye protection, your eyes may be damaged by the UV rays. FDA approved goggles that you wear are very important. Your eyelids alone offer almost no protection against ultraviolet light, which may cause damage to the eye. Not using proper eye protection may also result in short term effects such as tired, itchy eyes, headaches and loss of night vision.

Nude Tanning

Parts of the body that have never been exposed to the sun before will turn pink or even red. They might even break out with a rash. This is caused by an over-exposure to the ultraviolet rays. It takes these parts longer to start the tanning process. Do not tan nude if you have Herpes Simplex.

Rashes

Heat rashes, or "tanner's itch" indicate that the light and heat generated by tanning bulbs or the sun have dried your skin. Itching can also result from a reduced rate of melanin production in a particular area of your body. Melanin is the protective skin pigment found in varying amounts in everyone's skin. If you begin tanning in the nude, you may find that previously unexposed areas develop an itch. This is natural so don't be alarmed; just discontinue tanning for a few days, and then slowly build up time allowing melanin production to increase. Heat rashes may also have a slight redness and itching, which occurs from getting too many UV rays. It's dryness to the skin or reactions to cosmetics, medications or foods that may contribute to this. If a medication, irritation, cosmetic or food is causing the rash, you should stop tanning until the rash disappears. Check with your physician prior to tanning.

Photosensitivity

A photosensitivity reaction does not depend on the presence or absence of a suntan or sunburn, although it often accompanies them. Photosensitivity reactions are immunological or toxicity reactions and result from the presence of photosensitizing agents and UV light. Photosensitivity reactions are characterized by reddish skin with elevated poison ivy-like bumps and can occur in areas that were not exposed to the sun. They frequently produce little or no discomfort. On the other hand, phototoxic reactions, another type of photosensitivity reaction, are usually accompanied by symptoms similar to that of sunburn. Once a person gets a photosensitivity reaction, they are more likely to have a recurrence under the same conditions in the future. (Mayo Clinic 1993).

Symptoms of Photosensitivity

Usually severe burning. Often occurs in patches and in small areas of the body.

Blotch formation. Could be a result of heat as well as light.

Rash (Photodermis). Redness induced by light. May be the cause of itching and may appear all over the body.

Uneven pigmentation. Could be the result of light exposure combined with medication, or it might be the result of non-light related factors such as genetic factors, pressure points or a fungus Common diseases which react unfavorably with UV light (are exacerbated by UV):

- Herpes Simplex (UV light is known to reactivate herpes infections)
- Lupus Erythematosus (swelling of the nerve endings)
- Porphyria-severe (extreme sensitivity to any source of light)
- Vitiligo (irregularly shaped patches of skin with no pigmentation and dark borders)
- Skin cancers (Basal, Squamous, and Melanoma)

Photosensitivity reactions may be triggered by medicines included in, but not limited to the following general list. (This means you might turn red or burn when taking them with exposure to the sun or a tanning bed):

- If you are taking any medication, you should consult with your doctor before tanning.
- Antibiotics in the Tetracycline Family
- Anticancer Drugs
- Anticonvulsants
- Antidepressants
- Antidiabetics
- Antihistamines
- Antihypertensive Medications
- Antiseptic Creams
- Birth Control Pills
- Retin-A
- Sulfonamides (often for urinary tract infections)
- Tranquilizers
- Water Pills
- Medications to avoid when tanning

- Acne medications
- Antibacterial Drugs
- Antibiotics
- Anticancer Drugs
- Antidepressants
- Antihistamines
- Anti-inflammatory Drugs
- Antiparasitic Drugs
- Birth Control Pills
- Diabetes Drugs
- Diuretics
- Psoralen Drugs (topical or oral)

For more information on photosensitivity, please see the following websites:

http://www.fda.gov
http://www.emedicine.com
http://www.intelihealth.com
http://www.lupus.org
http://www.photosensitivity.org

Pregnancy

You should consult with your doctor before tanning while pregnant.

FOR ADDITIONAL ASSISTANCE:

PLEASE REVIEW THE HELPFUL SERVICE AND MAINTENANCE HINTS IN THIS USERS MANUAL… IF YOU HAVE ADDITIONAL QUESTIONS… REQUIRE TECHNICAL SUPPORT… INTERESTED IN PURCHASING TANNING ACCESSORIES…OR FUTURE UPGRADES FOR NEW LAMPS… DO NOT ESITATE TO CONTACT THE AUTHORIZED DEALER WHERE YOU PURCHASED YOUR TANNING BED.

Warranty Information

USE OF THIS PRODUCT IN A COMMERCIAL TANNING FACILITY OR FOR PROFESSIONAL AND MEDICAL SERVICES AUTOMATICALLY RESULTS IN THE VOIDING OF ANY AND ALL MANUFACTURER'S WARRANTIES!

Record and retain this information for ease of service:

Authorized Dealer Name_____
Store Address_____
City _____State_____
Zip Code _____Phone_____
Salesperson_____
Date of Purchase_____
Door Serial Number_____
Center Panel Serial Number_____
Right Panel Serial Number_____

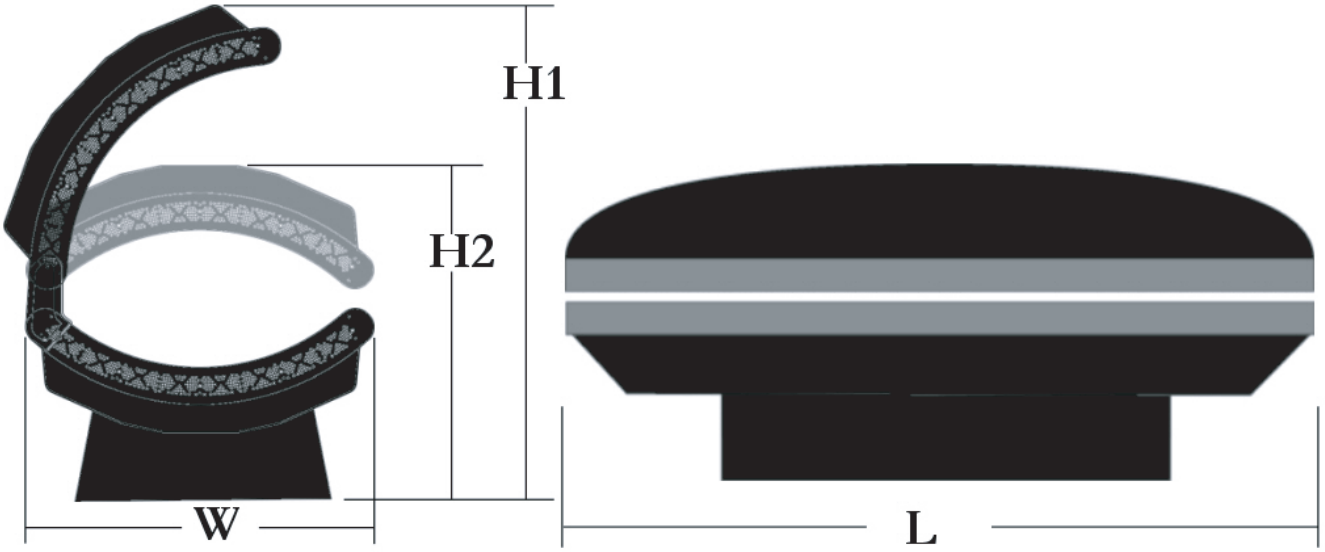
Attach your receipt to this manual.

Tanning Bed General Specifications

Required Receptacle*	NEMA 5-15R
Receptacle Voltage*	120V 60Hz
Minimum Room Size	8’ x 8’ x 8’
Maximum Ambient Room Temperature	80ºF
Lamp Hours	1000

Size Chart

Height Open “H1”	Height Closed “H2”	Width “W”	Length “L”
46	**28**	**32**	**76**



Warning Label Information

DANGER! Ultraviolet radiation! Follow instructions. Avoid overexposure. As with natural sunlight, overexposure can cause eye and skin injury and allergic reactions.

Repeated exposure may cause premature aging of the skin and skin cancer. FAILURETO WEAR PROTECTIVE EYEWEAR MAY RESULT IN SEVERE BURNS OR LONG-TERM INJURY TO THE EYES.

WARNING: Read the instruction booklet before using this sunlamp product. All persons in the room should wear protective eyewear when lamps are on. Recommended eyewear: Provided eye shields or equivalent eyewear as defined under 21CFR 1040.20.

Other types of eyewear may not provide adequate protection. If discomfort develops, discontinue use and consult a physician.

Medications, cosmetics, or certain diseases may increase your sensitivity to the ultraviolet radiation. Consult physician before using sunlamp if you are using medications or have a history of skin problems or think you are especially sensitive to sunlight. If you do not tan in the sun, you are unlikely to tan from the use of this product. Children, the elderly, or fair skinned people who always burn easily and either never tan or tan minimally, should not use this equipment.

Contraindication: This product is contraindicated for use on persons under the age of 18 years.

Contraindication: This product must not be used if skin lesions or open wounds are present.

Warning: This product should not be used on individuals who have had skin cancer or have a family history of skin cancer.

Warning: Persons repeatedly exposed to UV radiation should be regularly evaluated for skin cancer.

To use, lie down on bench and pull canopy down as far as adjustment will allow maintaining at least 2 inches (5.1 centimeters) between your body and canopy, to avoid overexposure.

This product is in conformity with performance standards for sun lamp products under

21 CFR Part 1040.20 and ANSI/UL Standard 482.

Never tan more than once a day and allow 48 hours between tanning sessions. Tanning normally appears after the first few sessions and maximizes after approximately four weeks. Tan once or twice per week thereafter to maintain desired appearance.

ONLY THE FOLLOWING LAMP HAS BEEN CERTIFIED FOR USE IN THIS EQUIPMENT:

Solara Classic (PN 532000)
Solara Classic ReNew (PN 532008)
Solara Classic Infra Red (PN 532007)

RECOMMENDED EXPOSURE TIMES	SHOWN IN MINUTES			
Skin Type:	Week 1	Week 2	Week 3	Week 4
I. Sensitive skin: burns easily and severely, does not tan	Not recommended for tanning!			
II. Light: burns easily and severely, tans minimally	4	6	8	10
III. Normal: burns moderately, tans average	6	8	11	15
IV. Dark: burns minimally, tans easily and above average	8	11	15	20
MAXIMUM EXPOSURE TIME IS 20 MINUTES				

Disconnect power cord before attempting to clean, re-lamp, or engage in the maintenance of this product.

Manufactured by: LPI
1044 Fordtown Rd Kingsport, TN 37673

Phone: 1-800-208-6369

Made in the USA